

**AMENDMENTS TO THE SPECIFICATION**

Applicant respectfully requests entry of the following amendments to the specification.

Please replace paragraph 70 with the following rewritten paragraph:

-- It can be seen that the user support pivot is positioned under the user support frame such that a substantial portion of the combined weight of the user and the support frame is positioned on each side of the gravitational center line 74 of the pivot in both the start and finish positions. Since the pivot is a four bar linkage in the embodiment of Figures 1 to 4, the user support frame pivots about a theoretical pivot axis 79 which is the effective pivot point for the combined pivotal movement of the four bar linkage, and the gravitational center line is a theoretical center line which passes through the theoretical pivot axis of the pivotal movement. The portion of both the user and the user support positioned on each side of line 74 varies only very slightly from the start to the finish point of the exercise movement. This balanced distribution minimizes the effect that the combined weight of the user and user support has on the exercise resistance, while still allowing it to act as a counter balance to offset the weight of the exercise arm. The combined weight of the user and support will have little effect on the amount of starting resistance, because a substantially equal amount of weight is balanced rearward of the user support pivot. By the same token, because only a small portion of the user passes through the gravitational center line 74 during the exercise, there is no appreciable drop-off in resistance felt by the user.--